

MIDDLESEX INDOOR CHAMPIONSHIPS

UNDER 15 GIRLS

LEE VALLEY

MARCH 7 2010

60m

- 281 Chloe Horne
- 289 Rue-Ann Paisley
- 291 Dorica Santos
- 288 Gbemi Olaogun
- 282 Marissa John
- 278 Charlotte Amuzie

200m

- 281 Chloe Horne
- 288 Gbemi Olaogun
- 283 Mary Martin
- 294 Tamara Williams-Hall
- 286 Ria Murdoch

400m

- 293 Carys Tellaw

800m

- 293 Carys Tellaw

1500m

- 285 Rebecca Miles

60mH

- 279 Glenner Belfou

T55

- E&H 8.20
- TVH 8.22
- VPH&TH 8.23
- Hill 8.35
- TVH 8.49
- SBH 8.63

T29

- E&H 26.93
- Hill 28.62
- E&H 28.74
- VPTH 30.60
- VPTH 31.55

T24

- Hill 69.14

T15

- Hill 2.37.26

T64

- Hill 5.13.98

T9

- VPTH 11.28

60m semi 1

- 281 Chloe Horne
- 278 Charlotte Amuzie
- 280 Yasmin Hanson
- 279 Glenner Belfou
- 292 Sarah Shamia
- 286 Ria Murdoch

HIGH JUMP

- 282 Marissa John

T40

- E&H 8.21 Q
- SBH 8.65 Q
- VPH&TH 8.78
- VPH&TH 9.02
- SBH 9.27
- VPH&TH 9.33

TVH

1.40

60m semi 2

- 291 Dorica Santos
- 288 Gbemi Olaogun
- 289 Rue-Ann Paisley
- 282 Marissa John
- 290 Rashidah Rae Price
- 287 Sharifa Odoi

T40

- VPH&TH
- Hill
- TVH
- TVH
- Harr
- VPH&TH

LONG JUMP

- 283 Mary Martin
- 293 Carys Tellaw
- 292 Sarah Shamia
- 278 Charlotte Amuzie
- 286 Ria Murdoch
- 279 Glenner Belfou

SHOT

- 229 Nemeen Hilton
- 228 Ije Enwerem
- 226 Danielle Anwan
- 246 Lia Stephenson
- 282 Marissa John
- 243 Ngue Sam

POLE VAULT

B.Chall	8.30
B.Chall	8.02
B.Chall	7.28
Unatt	6.04
TVH	5.42
VPH&TH	4.02

819 Q  
830 Q  
836 q  
849 q  
864  
876

Year	Month	Day	Time	Location	Remarks
1917	Jan	1	10:00	...	...
1917	Jan	2	10:00	...	...
1917	Jan	3	10:00	...	...
1917	Jan	4	10:00	...	...
1917	Jan	5	10:00	...	...
1917	Jan	6	10:00	...	...
1917	Jan	7	10:00	...	...
1917	Jan	8	10:00	...	...
1917	Jan	9	10:00	...	...
1917	Jan	10	10:00	...	...
1917	Jan	11	10:00	...	...
1917	Jan	12	10:00	...	...
1917	Jan	13	10:00	...	...
1917	Jan	14	10:00	...	...
1917	Jan	15	10:00	...	...
1917	Jan	16	10:00	...	...
1917	Jan	17	10:00	...	...
1917	Jan	18	10:00	...	...
1917	Jan	19	10:00	...	...
1917	Jan	20	10:00	...	...
1917	Jan	21	10:00	...	...
1917	Jan	22	10:00	...	...
1917	Jan	23	10:00	...	...
1917	Jan	24	10:00	...	...
1917	Jan	25	10:00	...	...
1917	Jan	26	10:00	...	...
1917	Jan	27	10:00	...	...
1917	Jan	28	10:00	...	...
1917	Jan	29	10:00	...	...
1917	Jan	30	10:00	...	...
1917	Jan	31	10:00	...	...

MIDDLESEX INDOOR CHAMPIONSHIPS

LEE VALLEY

MARCH 7 2010

UNDER 17 WOMEN

60m

NAME	TIME
274 Desiree Henry	7.64
270 Eugenie Brown	8.11
275 Nadia Mills	8.11
276 Sara Ogbonna-Godfrey	8.40
296 Serlina Swaby-Constantine	8.40
277 Ashleigh Stephenson	9.00

200m

NAME	TIME
274 Desiree Henry	24.71
271 Heather Gibbons	28.44

HIGH JUMP

273 Beth Grimsey	E&H	1.60
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400m

NAME	TIME
269 Georgia Bell	59.64
271 Heather Gibbons	68.05

POLE VAULT

273 Beth Grimsey	E&H	2.80
213 Johanna Willard	E&H	2.40

LONG JUMP

210 Mary Fasipe	E&H	4.98
296 Serina Swaby-Constantine	VPH&TH	4.48

800m

NAME	TIME
269 Georgia Bell	2:12.20

TRIPLE JUMP

	F11	
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1500m

NAME	TIME
	T76

SHOT

211 Vanessa Owusu	VPH&TH	5.87
277 Ashleigh Stephenson	Unatt	5.86
295 Anicia Brown	Unatt	5.69

60mH FINAL

NAME	TIME
296 Serlina Swaby-Constantine	9.39

T6

VPTH

9.39

273 Beth Grimsey

E&H

9.73

**MIDDLESEX INDOOR CHAMPIONSHIPS**

**UNDER 20 WOMEN**

**LEE VALLEY**

**MARCH 7 2010**

**60m**

**HIGH JUMP**

<b>T45</b>	<b>TVH</b>	7.58
268 Annie Tagoe	VP&H&TH	8.19
265 Tatyana Guttman Hancock	Harr	8.30
258 Ria Bailey	SBH	8.35
267 Renee Plummer		

<b>LONG JUMP</b>		
208 Symone Keisha	VP&H&TH	5.09
268 Annie Tagoe	TVH	4.49

**200m**

**T31**

<b>TVH</b>	24.92
268 Annie Tagoe	
265 Tatyana Guttman Hancock	VP&H&TH
	26.72

**TRIPLE JUMP**

208 Symone Keisha	VP&H&TH	10.83
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**400m**

**T21**

<b>Hill</b>	64.90
260 Rachel Blackburn	

<b>SHOT</b>		
260 Rachel Blackburn	Hill	6.15

**800m**

**T11**

<b>WSEH</b>	2:21.04
262 Lois Bond	

<b>POLE VAULT</b>		
205 Alice Humble	Harr	3.00

**1500M**

**T65**

<b>T5</b>		
266 Rachael Nakaye	Harr	9.48

**MIDDLESEX INDOOR CHAMPIONSHIPS**

**SENIOR WOMEN**

**LEE VALLEY**

**MARCH 7 2010**

**60m**

**T43**

**HIGH JUMP**

254 Yvette Henry

TVH

7.80

249 Melanie Canning

ESM

8.01

257 Lekeisha Wilson

TVH

8.21

251 Kerry Dixon

E&H

DIS

**200m**

**T41**

**POLE VAULT**

E&H

3.20

**400m**

**T20**

252 Lyndsey Fairweather

Harr

56.84

250 Tania-Cyrena Cyrus

ESM

62.74

**800m**

**T11**

**LONG JUMP**

VPH&TH

5.45

253 Emma Grant

Hill

2:14.67

184 Amanda Ranger

E&H

5.06

177 Dee Bakre

**1500m**

**T65**

**SHOT**

**60mH**

**T4**

**TRIPLE JUMP**

257 Lekeisha Wilson

TVH

10.20

181 Angela Barrett

Harr

12.08

184 Amanda Ranger

VPH&TH

11.68

177 Dee Bakre

E&H

11.14

MIDDLESEX INDOOR CHAMPIONSHIPS

LEE VALLEY

MARCH 7 2010

UNDER 15 BOYS

60M FINAL

Rank	Name	Event	Time
231	Itekhhar Hossain	VPH&TH	7.36
200	Michael Acheampong	E&H	7.90
247	Uyasha Pindai	Hill	8.03
240	Colin Kpodonu	LonH	8.28
239	Jack Kirby	Hill	8.37
234	Tokunbah Johnson (Pakeye)	LonH	8.56

60m

Rank	Name	Event	Time
heat 1			
231	Itekhhar Hossain	VPH&TH	7.43 Q
200	Michael Acheampong	E&H	8.04 Q
234	Tokunbah Johnson (Pakeye)	LonH	8.43 q
248	Zaki Wadawhee	QPH	9.45
heat 2			
247	Uyasha Pindai	Hill	
240	Colin Kpodonu	LonH	
239	Jack Kirby	Hill	
245	Terrence Obeng	VPH&TH	

200m

Rank	Name	Event	Time
247	Uyasha Pindai	Hill	26.08
234	Tokunbah Johnson (Pakeye)	LDNH	27.70
248	Zaki Wadawhee	QPH	30.24

HIGH JUMP

Rank	Name	Event	Height
171	Chris Kandu	E&H	1.70
241	Horeb Makabukidi	E&H	1.70
166	Aiden Ishak	LdnH	1.60

POLE VAULT

400m

Rank	Name	Event	Time
224	Richard Footman	SBH	59.73
241	Horeb Makabukidi	E&H	DNS

LONG JUMP

Rank	Name	Event	Distance
173	Aswad Martin	VPH&TH	5.40
245	Terrence Obeng	VPH&TH	4.73
216	Ramone Cuppe	VPH&TH	4.06

800m

Rank	Name	Event	Time
244	Jack McDermott	Hill	2:53.18

1500m

Rank	Name	Event	Time
		T75	

TRIPLE JUMP

Rank	Name	Event	Distance
173	Aswad Martin	VPH&TH	11.75
171	Chris Kandu	E&H	11.08
200	Michael Acheampong	E&H	10.55

60m H

Rank	Name	Event	Time
239	Jack Kirby	Hill	9.69
216	Ramone Cuppe	VPTH	10.13

SHOT

Rank	Name	Event	Distance

803 Q  
 821 Q  
 852 q  
 DNF

Case No.	Case Name	Case Description	Case Status
1	...	...	...
2	...	...	...
3	...	...	...
4	...	...	...
5	...	...	...
6	...	...	...
7	...	...	...
8	...	...	...
9	...	...	...
10	...	...	...
11	...	...	...
12	...	...	...
13	...	...	...
14	...	...	...
15	...	...	...
16	...	...	...
17	...	...	...
18	...	...	...
19	...	...	...
20	...	...	...
21	...	...	...
22	...	...	...
23	...	...	...
24	...	...	...
25	...	...	...
26	...	...	...
27	...	...	...
28	...	...	...
29	...	...	...
30	...	...	...
31	...	...	...
32	...	...	...
33	...	...	...
34	...	...	...
35	...	...	...
36	...	...	...
37	...	...	...
38	...	...	...
39	...	...	...
40	...	...	...
41	...	...	...
42	...	...	...
43	...	...	...
44	...	...	...
45	...	...	...
46	...	...	...
47	...	...	...
48	...	...	...
49	...	...	...
50	...	...	...



MIDDLESEX INDOOR CHAMPIONSHIPS

UNDER 17 MEN

LEE VALLEY

MARCH 7 2010

60m

6 Chuindu Ujah	E&H	7.04
93 Jordan Glaze	LdnH	7.21
90 Nathaniel Barling	E&H	7.22
97 Mohammed Khamis	VPH&TH	7.54
7 Efe Uwaifo	Harr	7.55
1 Dean Oamen	SBH	7.75

heat 1

90 Nathaniel Barling	E&H	7.26 Q
93 Jordan Glaze	LdnH	7.27 Q
7 Efe Uwaifo	Harr	7.45 Q
88 Ebenezer Antwi-Brefo	Unatt	7.59 q
2 Liam Ormes	High	7.73 q
95 Nnabiko Jimofor	SBH	8.21

heat 2

97 Mohammed Khamis	VPH&TH	7.46
98 Rhys Kirby	Hill	7.71
1 Dean Oamen	SBH	7.73
99 Kyro Malcolm	TVH	7.75
3 Darius Price	Harr	7.78
87 Calvin Akotvah	E&H	7.85

heat 3

6 Chuindu Ujah	E&H	7.14 Q
89 Tyrell Austin	TVH	7.70 Q
94 Arshia Hashemi	Harr	7.81 Q
91 Harvinder Bhandal	ESM	8.06
92 Denzel Cosh-Abbey	VPH&TH	8.07

semi 1

6 Chuindu Ujah	E&H	6.98 Q
93 Jordan Glaze	LdnH	7.16 Q
1 Dean Oamen	SBH	7.66 Q
89 Tyrell Austin	TVH	7.70
94 Arshia Hashemi	Harr	7.79
99 Kyro Malcolm	TVH	8.03

semi 2

90 Nathaniel Barling	E&H	7.26
7 Efe Uwaifo	Harr	7.42
97 Mohammed Khamis	VPH&TH	7.55
88 Ebenezer Antwi-Brefo	Unatt	7.60
2 Liam Ormes	High	7.70
98 Rhys Kirby	Hill	7.76

200m

90 Nathaniel Barling	E&H	23.17
60 Clifford Newby	E&H	23.19
98 Rhys Kirby	Hill	24.88
65 Christopher Zah	VPTH	25.71
55 John Hennessy	Hill	26.16
91 Harvinder Bhandal	ESM	26.20

POLE VAULT

165 Paul Ojomo	E&H	3.50
163 Anthony Knowles	Harr	2.70

TRIPLE JUMP

1 Dean Oamen	SBH	12.56
7 Efe Uwaifo	Harr	12.39

400m

195 Joe Silva	LdnH	56.59
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SHOT

193 Luke Pierre-Inkson	Hill	56.71
188 Samuel Hobbs	Hill	57.45
55 John Hennessy	Hill	60.76
<b>800m</b>	<b>T13</b>	
197 Ben Waterman	ESM	2:02.82
187 Tommy Drury	Hill	2:06.33
179 Andrew Coggins	E&H	2:10.07
185 Alex Cordell	E&H	2:13.43
176 Abraham Brown	Harr	2:18.01
<b>1500m</b>	<b>T66</b>	
196 Rhys Spence	Hill	4:09.68
194 Joseph Sherry	E&H	4:14.35
189 Andrew Holliman	Harr	4:14.52
192 Dalton McGilgan	Harr	4:35.61
<b>60m H</b>	<b>T2</b>	
55 John Hennessy	Hill	10.29

**LONG JUMP**

7 Efe Uwaifo	Harr	5.81 (1st)
98 Rhys Kirby	Hill	5.14 (2=)
2 Liam Ormes	Harr	5.14 (2=)
94 Arshia Hashemi	Harr	4.96 (4th)

**HIGH JUMP**

3 Darius Price	Harr	1.75
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MIDDLESEX INDOOR CHAMPIONSHIPS

LEE VALLEY

MARCH 7 2010

UNDER 20 MEN

60m

80 Lumar Sylvester	TVH	6.9 (Man)
78 Terry Scott	TVH	7.0 (Man)
73 Jerome Musa-Lawal	SBH	7.0 (Man)
74 Reece Noonam	E&H	7.0 (Man)
62 Renard Frederick	SBH	7.0 (Man)
76 Finbarr Ricketts	High	7.1 (Man)

heat 1

80 Lumar Sylvester	TVH	7.06 Q
78 Terry Scott	TVH	7.14 Q
64 Taariq John-Clarke	SBH	7.34 q
51 Ade Adewale	E&H	7.34 q
61 Abayomi Epega	SBH	7.54
72 Nathaniel Modeste	VPH&TH	DNS

heat 2

62 Renard Frederick	SBH	7.06
63 Ryan Harding	Harr	7.18
69 Daniel Mahendrarajah	TVH	7.43
79 Jehvaun Senior	TVH	7.50
83 Mzobanzi Zihle	Hill	7.83
68 Otis Joseph	VPH&TH	DNS

heat 3

73 Jerome Musa-Lawal	SBH	7.00 Q
76 Finbarr Ricketts	High	7.06 Q
58 Jordan Duvigneau	Harr	7.25 q
70 Dejourm Manandhar	Unatt	7.61
59 Kerne Egbunike	ESM	7.72

heat 4

74 Reece Noonam	E&H	7.10
67 Clayton Johnson	SBH	7.22
53 Curtis Blake	Unatt	7.22
57 George Davies	TVH	7.52
75 Manny Oamen	SBH	7.68

semi 1

73 Jerome Musa-Lawal	SBH	6.93 Q
74 Reece Noonam	E&H	6.97 Q
76 Finbarr Ricketts	High	7.04 Q
53 Curtis Blake	Unatt	7.22
67 Clayton Johnson	SBH	7.27
51 Ade Adewale	E&H	7.37

semi 2

78 Terry Scott	TVH	6.97
62 Renard Frederick	SBH	7.02
80 Lumar Sylvester	TVH	7.03
63 Ryan Harding	Harr	7.12
58 Jordan Duvigneau	Harr	7.14
64 Taariq John-Clarke	SBH	7.36

200m

73 Jerome Musa-Lawal	SBH	22.14 DEAD
80 Lumar Sylvester	TVH	22.14 HEAT
78 Terry Scott	TVH	22.70
84 Mustapha Gaye	E&H	23.63
57 George Davies	TVH	24.28
85 Stephen Goreham	Hill	24.81

heat 1

80 Lumar Sylvester	TVH	22.63 Q
84 Mustapha Gaye	E&H	23.71 Q
83 Mzobanzi Zihle	Hill	25.49
59 Kerne Egbunike	ESM	DNS

heat 2

73 Jerome Musa-Lawal	SBH	22.57
78 Terry Scott	TVH	23.02
85 Stephen Goreham	Hill	23.95
57 George Davies	TVH	24.38

400m FINAL

160 Matthew Webster	SBH	51.48
138 Michael Kendall	Hill	53.25
133 Gavin Barclay	Hill	53.56
144 Tarric Lewis	ESM	53.85
85 Stephen Goreham	Hill	54.28
134 Matthew Clampin	ESM	55.50

heat 1

160 Matthew Webster	SBH	51.85 Q
85 Stephen Goreham	Hill	54.62 Q
134 Matthew Clampin	ESM	55.31 q
149 Rajiv Solanki	Hill	61.09

heat 2

144 Tarric Lewis	ESM	55.20
138 Martin Kendall	Hill	55.58
133 Gavin Barclay	Hill	55.94

800m  
 148 Tom Pye  
 151 Reece Surridge

T10  
 B&D  
 E&H

2:05.77  
 2:11.41

**POLE VAULT**

1500m  
 141 James Laing

T67  
 Hill

4:28.27

**LONG JUMP**

67 Clayton Johnson  
 139 Remi Adekunle  
 75 Manny Oamen  
 61 Abayomi Epega

SBH  
 VPH&TH  
 SBH  
 SBH

6.13  
 5.94  
 5.37  
 4.92

**TRIPLE JUMP**

157 Dante Wilson  
 64 Taariq John-Clarke  
 158 Jacob Wilson  
 138 Michael Kendall

VPH&TH  
 SBH  
 LdnH  
 Hill

13.19  
 13.10  
 12.19  
 11.60

60mH  
 71 Daniel Miller

T1  
 E&H

DNF

**SHOT**

150 Tom Peacock

SBH

NP

**HIGH JUMP**



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MIDDLESEX INDOOR CHAMPIONSHIPS

SENIOR MEN

LEE VALLEY

MARCH 7 2010

60m FINAL

47 Joshua Swaray	Hill	6.7 (Man)
49 Leevan Yearwood	VPH&TH	6.8 (Man)
44 Sean Safo-Antwi	E&H	6.8 (Man)
37 Confidence Lawson	SBH	6.8 (Man)
43 Jevone Robinson	Hill	6.9 (Man)
13 Abdul-Wahab Buhari	VPH&TH	6.9 (Man)

heat 1

49 Leevan Yearwood	VPH&TH	T36
41 Saul Paine	VPH&TH	6.87 Q
30 Jason Greenidge	WGEL	6.98 Q
35 Marvin Julien	E&H	7.17 Q
40 Jonathan Ouisa	High	7.50

heat 2

47 Joshua Swaray	Hill	T36
9 Moses Bawo	TVH	6.87 Q
27 Jerwayne Grant	Harr	6.98 Q
45 Rohan Samuel	Harr	7.17 Q
34 Peter Ilo	B&D	7.50

heat 3

43 Jevone Robinson	Hill	T36
16 Jason Comissiong	TVH	7.00 Q
46 Joseph Smart	Harr	7.10 Q
8 Keith Bacchus	QPH	7.37 Q
33 Richmond Hazeley-Wilson	QPH	7.98
48 Maurice Walker	TVH	DNS

heat 4

37 Confidence Lawson	SBH	T36
22 Toleme Ezekial	VPH&TH	7.00 Q
36 Andrew Kendall	Hill	7.10 Q
39 Michael Otubambo	E&H	7.37 Q
31 Marius Guei	High	7.98
12 Anthony Bryan	E&H	DNS

heat 5

44 Sean Safo-Antwi	E&H	T36
13 Abdul-Wahab Buhari	VPH&TH	6.91 Q
15 Richard Carr	Harr	6.99 Q
38 Chaka Maillet	TVH	7.21 Q
20 Justin Emeka Duru	QPH	7.36 q
5 Alex Babb	VPH&TH	7.39

semi 1

47 Joshua Swaray	Hill	T58
13 Abdul-Wahab Buhari	VPH&TH	6.79 Q
41 Saul Paine	VPH&TH	6.94 Q
15 Richard Carr	Harr	7.05
36 Andrew Kendall	Hill	7.23
38 Chaka Maillet	TVH	7.30

semi 2

49 Leevan Yearwood	VPH&TH	T58
37 Confidence Lawson	SBH	6.79 Q
16 Jason Comissiong	TVH	6.94 Q
30 Jason Greenidge	WGEL	7.05
39 Michael Otubambo	E&H	7.23
27 Jerwayne Grant	Harr	7.30

semi 3

44 Sean Safo-Antwi	E&H	T58
43 Jevone Robinson	Hill	6.79 Q
9 Moses Bawo	TVH	7.01 Q

**200m**

36 Andrew Kendall	Hill	22.77
43 Jevone Robinson	Hill	22.83
50 Jason Vasiliakis	E&H	22.98
20 Justin Emeka Duru	QPH	24.30
40 Jonathan Ouiasu	High	24.76
33 Richmond Hazeley-Wilson	QPH	24.83

**T25**

**LONG JUMP**

22 Toleme Ezekial	VPH&TH	7.12
46 Joseph Smart	Harr	7.36
45 Rohan Samuel	Harr	DNF
108 Daniel Bramble	ESM	7.02
129 Maxime Pellett	High	6.15
12 Anthony Bryan	E&H	3.48

**TRIPLE JUMP**

130 Jason Richards-Thompson	VPH&TH	13.19
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**SHOT**

12 Anthony Bryan	E&H	5.81
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**HIGH JUMP**

33 Richmond Hazeley-Wilson	QPH	1.80
129 Maxime Pellet	High	NHC

**400m**

101 Bomene Barikor	B&B	49.65
132 Alloy Wilson	B&B	49.70
131 Louis William	TVH	50.19
117 James Foley	VFH&TH	51.70
113 Stewart Davis	ESM	53.30
119 Andrew Howell	Harr	DNS

**T50**

**heat 1**

101 Bomene Barikor	B&B	49.78 Q
132 Alloy Wilson	B&B	49.87 Q
131 Louis William	TVH	50.22 q
117 James Foley	VPTH	52.12 q

**heat 2**

119 Andrew Howell	Harr	
113 Stewart Davis	ESM	
112 Martin Bigg	SBH	
109 Simon Basey	VPTH	
5 Alex Babb	VPTH	

**800m**

121 Shaka Palmer	E&H	1:58.30
113 Stewart Davis	ESM	2:03.85
118 Kurtis Greenaway	E&H	2:05.03

**T8**

125 David Shortridge

VPTH

2:17.06

**1500m**

126 Christopher Symonds

WGEL

4:17.64

111 Martin Bateman

Hill

4:19.60

120 Tony Macdowall

VPH&TH

4:23.68

**T67**



6.84 Q  
7.18 Q  
7.34 Q  
7.34 q  
8.04

7.00 Q  
7.18 Q  
7.23 Q  
7.35 q  
7.49  
10.26

6.81 Q  
6.92 Q  
6.96  
7.07  
7.35  
7.36

49.12 Q  
53.81 Q  
54.82  
54.85  
DNF